

# POSTTRAUMATIC STRESS DISORDER

SHERIFF TIMOTHY WHITCOMB





# PTSD

## What is it?

- Is a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape.
- Most survivors of trauma return to normal given a little time. However, some people will have stress reactions that do not go away on their own, or may even get worse over time.
- These individuals may develop PTSD.

# Military

- Civil War – Soldiers Heart
- WWI – War Neurosis/Shell Shock
- WWII – Combat Fatigue Syndrome
- Vietnam – Posttraumatic Stress Disorder
- Iraq and Afghanistan

# Statistics

## Mental Health

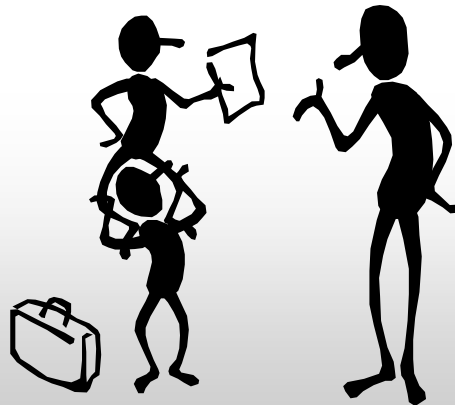
- 50% returning combat vets potentially suffering from PTSD

## Veterans Administration

- 13% to 20% returning Vets
- 20% of all suicides in US are Vets  
7000 a year
- For every soldier killed in combat /25 die by suicide

# How Do People Get Affected?

- Genetic disposition
- Nature/Nurture 
- Exposure/Classic Conditioning



# How Does It Affect Our Population?

- ✓ 60.7% men and 51.2% of women have been exposed to a traumatic event in the US.
- ✓ 90% of citizens of Detroit
- ✓ 7.8% of US population PTSD
- ✓ 9.2% of Detroit
- ✓ 'Postal'

# Law Enforcement Stats:

## 24% Incident Rate of PTSD

Higher incident rates of :

Alcoholism

Divorce

Sleep Disorders

Higher Blood Pressure

Heart Disease

Prescription Drug Abuse

Domestic Violence

Shorter Life Expectancy

Suicide



# PTSD

## Law Enforcement

Catastrophic Event

Cumulative

How do we prepare?

- BP Vests
- Pepper Spray
- Defensive Tactics
- Weapon Retention
  - EVOC Driving
  - Taser

# PTSD

- Jim Painter
- BAQ
- Matthew Ryan
- Sheriff Dennis John
- Russ Rogers

# Sheriff Timothy Whitcomb



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